

NABLC Safety Advisor

February 2005

Joggers and Bicyclists Safety Requirements

The following guidance for joggers and bicyclists was promulgated by COMNAVREG MIDLANT NORFOLK VA MSG R 131314Z JAN 05 PSN 443042117 SUBJ: JOGGER AND BICYCLE SAFETY REQUIREMENTS IN NAVY MIDLANT REGION.

"A recent spate of near misses, close calls, and actual accidents involving joggers, bicyclists, and motor vehicles has proven the need to increase the visibility of personnel jogging or bicycling on installations in the Mid-Atlantic region. **Effective 15 January 2005, joggers, fitness walkers, and bicyclists are required to wear high visibility belts or reflective vests on all Navy Region Mid-Atlantic installations during times of darkness or reduced visibility.**

Hi-visibility belts or reflective vests are not required for organized sports on established playing fields or closed loop tracks. While not required on excluded fields outlined above, belts or vests must be worn while on all other jogging surfaces, to include designated jogging trails, because of proximity to roadways and transit to and from designated trails. Belts or vests must be worn outside of any garments, and remain visible at all times during hours of darkness or reduced visibility.

This proactive safety measure will increase the safety of those jogging and biking on our installations by increasing their visibility to motor vehicle operators."

Avoiding Slips and Falls in Winter Snow and Ice

With the recent weather conditions we've experienced in the area, some winter tips seem worth repeating. The winter months are usually accompanied by a rash of slips and falls. Nearly two-thirds of these mishaps occur on snow, ice or wet surfaces near building entrances or on parking lots. Here are some tips to help you prevent falls:

- ➔ Wear shoes that provide good traction.
- ➔ Dress warmly. Being cold may cause you to hurry or tense your muscles -- both of which can affect your balance.
- ➔ Give yourself plenty of time. Take short steps with your feet pointed slightly outward. This will help keep your center of balance under you and provide a stable base for support.
- ➔ Be extremely careful getting out of your vehicle. If possible, swing your legs around and place both feet on the pavement before you attempt to stand. Steady yourself on the door frame until you have gained your balance. Avoid reaching beyond your center of balance to take hold of the door, because this may cause a fall.
- ➔ Don't take shortcuts. Always use sidewalks and the cleared paths in parking lots. Never walk between parked cars. Be especially careful when stepping to different levels -- down or up steps or from curbs (don't step on curbs). And remember, grassy slopes can be as dangerous as snowy steps.
- ➔ Pay attention to the walking surface. It may become wetter or slicker ahead of you. Look down, however, only with your eyes. If you bow your head, it could propel you forward.
- ➔ When walking after sunset or in shadowed areas, be alert for black ice -- particularly in the days following a storm. Once parking lots, sidewalks and steps have been cleared, a thin layer of water remains and refreezes when the temperature drops.
- ➔ Carry only those items necessary. Carrying weighted or bulky packages is also risky.

Hypothermia

Introduction

People who work outside or enjoy outdoor recreational activities face certain risks. Hypothermia is one of these risks that is often overlooked or not recognized. Because hypothermia can affect reasoning and judgment, you can quickly find yourself in a life-or-death situation without realizing that you are in danger.

Recognition

The symptoms of hypothermia are varied and depend on the body's core temperature. A person suffering from a mild case may exhibit shivering and a lack of coordination, while a person suffering from severe hypothermia may be incoherent, exhibit muscular rigidity and can potentially succumb to cardiac arrest.

Prevention

There are several steps you can take to reduce your risk of hypothermia before you head out into cold, wet conditions. These steps include:

- Wear proper clothing. The ideal clothing for extended periods in a cold and/or wet environment consists of a breathable layer next to the skin (such as cotton or polypropylene), an insulating middle layer (wool, which continues to insulate even when wet, is a good choice) and a waterproof, but breathable, outer layer (such as nylon or Gore-Tex™).

- Stay hydrated when outdoors.

- Use the buddy system when spending time outdoors, if possible.

- Be familiar with the signs of hypothermia. Early recognition of hypothermia can help prevent you from facing a life or death situation.

Commonly Asked Questions

Q. *Can hypothermia be a problem even if the temperature is well above freezing?*

A. Yes. Hypothermia can occur any time that the body cannot generate enough heat to maintain its core temperature, regardless of the time of year. Even on a sunny summer day, a person immersed in 40° to 50°F water may reach the exhaustion point (due to a lowered core temperature) in as little as 30 minutes, and death from hypothermia may result in only three hours.

Q. *Can the medications I'm taking make me more susceptible to hypothermia?*

A. Yes. A number of commonly prescribed medications can affect the body's resistance to hypothermia. Sedatives, anti-depressants, tranquilizers and cardio-vascular drugs can all affect the body's ability to regulate temperature. If you are concerned about the effect your medications may have on your body's resistance to hypothermia, please contact your doctor or pharmacist for more information.

Black Ice!

When it's forecasted for temperatures near freezing, always expect **BLACK ICE**. Remember bridges and over passes freeze up before and remain frozen longer than other road surfaces. Also don't forget those shaded areas of road – they can and do hold treacherous ice patches.

The following tips are provided:

- Be exceptionally wary during early morning and late evening when road icing is most likely to occur
- Icy sections are most likely to be found on and under bridges, on high sections of roads, at the tops of hills exposed to wind, in valleys and forests, and on roads near rivers, lakes and along foggy areas.
- When driving on a wet road, there is always a strong possibility that black ice may lie ahead
- Once on an icy section, do not accelerate, brake, downshift or make a sudden change in steering direction. Keep a safe distance from other vehicles.
- If you should get into trouble, try to steer to the edge of the road. Sand and salt from previous road "dustings" may have blown to the road edges by past traffic and will help you regain control.
- Slow down and drive with care. Driving too fast allows you less time to react and reduces your chances of recovering from a mistake.

January Recalls announced by the Consumer Product Safety Commission (CPSC)



CPSC, Jumpking Inc.® Announce Recall of Trampolines, Enclosures
In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Jumpking Inc.® of Mesquite, Texas, is voluntarily recalling about 1 million trampolines and about 296,000 FunRing enclosures. Welds on the frame of these trampolines can break during use, resulting in falls and possible injuries. Additionally, the mounting brackets of the FunRing enclosures have sharp edges, which can cause lacerations.



CPSC, Research Products Corp. Announce Recall of Electronic Air Cleaners
In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Research Products Corp., of Madison, Wis. is voluntarily recalling about 67,000 Aprilaire electronic air cleaners. The air cleaner's plastic inner housing and filter are not flame-resistant. If electrical arcing occurs in the cleaner, a fire can develop. This poses a risk of burn injuries and property damage.



CPSC, Philips PC Peripherals Announce Recall of Hewlett-Packard Company L2035 Flat Panel Monitors
In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Philips PC Peripherals, of Colorado Springs, Colo. is voluntarily recalling about 15,000 Hewlett-Packard (HP) L2035 Flat Panel Monitors. A ground clip inside the back plastic panel of these monitors can be incorrectly installed, posing a risk of electrical shock to

consumers.



CPSC, Wal-Mart Stores, Inc. Announce Recall of Slow Cookers
In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Wal-Mart Stores Inc., of Bentonville, Ark. is voluntarily recalling 600,000 GE Oval and Double Dish Slow Cookers. The handles on the base of the slow cookers can break, posing a risk of burns from hot food spilling onto consumers.

Consumers can obtain detailed release and recall information at CPSC's Web site at www.cpsc.gov.

Motorcycle Safety Training

The dates for motorcycle safety training for the remainder of 2005 are:

Mar 28/29, Apr 18/19, May 09/10, Jun 13/14, Jul 18/19, Aug 15/16, Sep 12/13, Oct 03/04, Nov 14/15

To register contact LoJean Way at 462-2197 or Glenna Maynard at 462-2193. This training is required prior to obtaining a base decal for your motorcycle.

Some ergonomic guidelines for computer workstations:

1. Adjust the chair seat height so thighs are horizontal and parallel to the floor. Feet should ideally rest on a footrest or at least flat on the floor.
2. Position arms on armrests so that the inside elbow angle is 90 degrees; forearms should be horizontal and parallel to the floor. Shoulders and elbows should be relaxed and close to the body. Keep wrists in neutral position, not flexed up or down or to the left or right.
3. Adjust the chair backrest so it supports the lower back.
4. Position monitor so the top of the screen is slightly lower than the user's eyes and is approximately an arm's length away.
5. Maintain posture so that head and neck are straight and not flexed.
6. Position documents next to the screen with a document holder.
7. Reduce glare by lowering overhead lighting and shading windows. Use a glare guard if necessary, keep monitor clean and set screen type at high contrast (for example, black type on white background).
8. Position the mouse as close to the center as possible to minimize arm extension.
9. Only rest the palm of the hand on a wrist rest, never the wrist. Resting the wrist adds the weight of the arm to the already compressed carpal tunnel nerve.
10. Take breaks or rest muscles by alternating activities.